



6 Weeks to Wellness (6W2W) Begins November 5!

6W2W is a fun way to make healthy changes in your life. You simply make a commitment to healthy behaviors, track your activities daily, and get points for those goals you achieve.

Sign up today with your floor leader.

2 nd – 4 th Floors:	Tag Doll & Jennifer Dakers
5 th Floor:	Paulette Valliere
6 th Floor:	Karen Swiatkowski
7 th Floor:	Mary Kay Thelen
8 th Floor:	Heather Hockanson
9 th Floor:	Bob Barrie
10 th Floor:	Janise Gardner



On **Monday, November 5**, learn more about 6W2W during the Lunch & Learn *Getting Started*. This informational session will be held every ½ hour from 11:30 – 1 in Room 205.

6W2W Activities in November

Make room in your schedule to attend the many wellness activities planned during the month of November for **ALL** Washington Square Building occupants. If you are participating in 6W2W, you can earn (1) bonus points for each event you attend.

11/6	9-2:30 – DEQ Health Fair, Constitution Hall
11/7	12-12:30 – Walking Club
11/9	12-12:30 – Walking Club
11/14	12-12:30 – Walking Club
11/15	12-1 – <i>Collect Your Family History</i> , Rm. 205
11/16	12-12:30 – Walking Club
11/19	1:30-1:30 – <i>Pay It Forward</i> , Room 205
11/21	12-12:30 – Walking Club
11/23	12-12:30 – Walking Club
Week of 11/26 – <i>The Other 3 R's: Renounce, Reduce & Renew</i> , Room 205	
11/28	12-12:30 – Walking Club
11/30	12-12:30 – Walking Club

The Great American Smokeout is November 15.

MICHIGAN TOBACCO QUIT LINE
1-800-480-QUIT (7848)

This event challenges people across the nation to stop using tobacco and raises awareness of the many effective ways to quit for good.



Research shows that quitters are most successful when using a combination of therapies, including such things as nicotine replacement, counseling, self help materials, and a strong support network of family and friends. Tobacco cessation resources include: Free service offering patients a professionally trained smoking cessation coach 24 hours a day. Callers receive information, a Quit Kit, local referrals, and can qualify for ongoing counseling to help them quit.

► **FREE MICHIGAN QUIT KITS:** 1-800-537-5666 or www.healthymichigan.com

► **Quit Net:** www.quitnet.com: Quit Net offers cessation information and support chat rooms.

► **Nicotine Anonymous:** www.nicotine-anonymous.org: Information, support, and literature.

► **American Lung Association of Michigan:** www.ALAM.org: Includes **Freedom From Smoking**, an on-line smoking cessation program.

► **American Cancer Society:** www.cancer.org 1-800-227-2345

► **American Heart Association:** www.americanheart.org 1-800-242-8721

WSB November Calendar

Walking Club

12-12:30

November 7, 9, 14, 16, 21, 28, 30

Lunch-n-Knit

12-1:00

Room 205 November 9 & Room 207 November 21

Book Club

12-1:00

Room 207 November 8 Discussion

What you'll find fresh and local this month in Michigan are **turnips** and **rutabagas**. Turnips are a good, low calorie source of vitamin C and fiber and are also high in vitamin B6, folate, calcium, and potassium. Rutabagas are a cross between a cabbage and a turnip. A half-cup of rutabagas has only 25 calories and 30% of your daily vitamin C requirement! Not bad for these often overlooked veggies. Both store for months in a cool, dry place.

For that distinctive turnip flavor try this wonderful fall soup:

Turnip, Pea and Carrot Soup

1 turnip (or rutabaga), peeled and sliced

1 cup green peas, shelled

2 carrots, peeled and sliced

6 cups water, boiling

1 cup milk, scalded

2 tablespoons butter

Seasoning to taste

1) Mince all of the vegetables; using a food processor is recommended.

2) Put in pan with other ingredients.

3) Cook for about 20 minutes.

4) Serve.

Or check out this great recipe for roasted turnips, rutabagas and other root vegetables. <http://www.csmonitor.com/2006/0125/p15s01-lifo.html>